EXPLORING CITIZENSHIP

UNIT 1

ME, MY FAMILY AND MY FRIENDS
THIS BOOK BELONGS TO:
MY NAME:__________________
MY ADDRESS:_______________
MY PHONE NO.:_____________

ACKNOWLEDGEMENTS

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• WHAT IS GOOD CITIZENSHIP?
• MORE ABOUT MYSELF
• MORE ABOUT MY FAMILY
• MORE ABOUT MY FRIENDS

WHAT WILL I DO IN THIS PROJECT
• FILL IN THE BLANKS
• EXPLORE THINGS
• DRAW THINGS
• TAKE PHOTOS
• WORK WITH MY FAMILY
• THINK AND LEARN
• SHARE WITH OTHERS

INTRODUCTION
WHAT IS GOOD CITIZENSHIP?
HELLO, I’M _____________________________ (MY NAME)
AND I AM READY TO HAVE SOME FUN AND TO PRACTICE BEING A GOOD CITIZEN. SO LET’S GET STARTED AND EXPLORE THIS THING CALLED CITIZENSHIP!

DID YOU SAY “WHAT’S CITIZENSHIP?” CITIZENSHIP IS HOW WE TALK AND ACT TOWARD EACH OTHER. ALSO, HOW WE THINK AND FEEL ABOUT EACH OTHER. IT IS OUR RELATIONSHIP WITH OTHER PEOPLE.
GOOD CITIZENSHIP IS SHOWING CONCERN FOR OURSELVES AND OTHERS AROUND US. A GOOD CITIZEN TREATS OTHERS AS HE OR SHE WOULD LIKE TO BE TREATED. ASK YOURSELF THE FOLLOWING QUESTIONS.

YES NO SOMETIMES (CHECK ONE BOX)

☐ ☐ ☐ DO I THINK OF SAFETY FOR MYSELF AND OTHERS BEFORE I DO SOMETHING?

☐ ☐ ☐ DO I CONSIDER OTHER PEOPLE’S FEELINGS BEFORE I SAY OR DO SOMETHING THAT MAY HURT THEM?

☐ ☐ ☐ DO I ACCEPT OTHER PEOPLE WHO ARE DIFFERENT FROM ME AND TRY TO MAKE FRIENDS WITH THEM?
PART ONE - GETTING TO KNOW MYSELF, MY BEST FRIEND

________________________ IS MY BEST
(MY NAME)
FRIEND. WE WILL BE TOGETHER FOR THE
REST OF MY LIFE SO WE SHOULD GET TO
KNOW AND LIKE EACH OTHER. JUST
THINK, NO ONE IN THE WORLD IS JUST
LIKE ME. I AM UNIQUE (LOOK IT UP IN
THE DICTIONARY).
1 INCH = 2.54 CENTIMETERS
1 POUND = .45 KILOS

MY BIRTHDAY IS:
MONTH _____________________________
DAY ________________________________
YEAR_____________________________

I AM _________ YEARS OLD.
MY HAIR IS ____________________________.
(COLOR)
MY SKIN IS ____________________________.
MY EYES ARE ____________________________.
I AM ____________ FEET AND ___________ INCHES TALL.
THAT IS ___________ CENTIMETERS.
(ASK MOM AND DAD TO HELP).
I WEIGH _______________ POUNDS.
THAT IS ____________ KILOS.
I BELIEVE THAT MY HEALTH IS

☐ EXCELLENT
☐ GOOD
☐ FAIR
☐ POOR

MY HEALTH

WHAT VACCINATIONS HAVE I HAD?

______________________________

WHICH CHILDHOOD DISEASES HAVE I HAD?

______________________________

WHO IS MY DOCTOR?

______________________________

WHO IS MY DENTIST?

______________________________

THE LAST TIME I SAW MY DENTIST WAS

______________________________

IS IT TIME TO GO TO THE DENTIST AGAIN?

______________________________

WHAT ALLERGIES DO I HAVE?

______________________________

I HAVE THESE SPECIAL HEALTH NEEDS:

______________________________

SIT DOWN WITH YOUR MOM, DAD OR SOMEONE WHO CAN ANSWER THESE QUESTIONS. ASK THESE QUESTIONS AND FILL IN THE BLANKS.
THINGS I LIKE TO DO

IN MY FREE TIME I LIKE TO ______________
________________ AND ____________________.

I WOULD REALLY LIKE TO MAKE A
____________________________ WITH MY OWN
HANDS.

ONCE I MADE A _____________________
AND I FELT REAL PROUD.

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IF MOM OR DAD OR ANOTHER ADULT WOULD HELP ME, I WOULD LIKE TO

______________________________

WHEN I AM OLDER I THINK I WILL

______________________________
MY FAVORITE

PLACES
OF ALL THE PLACES I HAVE BEEN, I LIKE _______________________ THE BEST
BECAUSE ________________________________
 IF I COULD GO ANYWHERE IN THE WORLD I WOULD GO TO ________________________.

THINGS
MY FAVORITE THING IS MY _____________
IT IS MY FAVORITE BECAUSE IT _______________________

MY FAVORITE

OF ALL THE PLACES I HAVE BEEN, I LIKE _______________________ THE BEST
BECAUSE ________________________________
 IF I COULD GO ANYWHERE IN THE WORLD I WOULD GO TO ________________________.

THINGS
MY FAVORITE THING IS MY _____________
IT IS MY FAVORITE BECAUSE IT _______________________.

Archival copy: for current recommendations see http://edis.ifas.ufl.edu or your local extension office.
MOVIES AND T.V.
____________________________ IS MY
FAVORITE TV PROGRAM.
The best movie I have ever seen is
ENTITLED ________________________
IT WAS BEST BECAUSE ________________________
MY FAVORITE ACTOR IS ________________________
MY FAVORITE ACTRESS IS ________________________

MUSIC

MY FAVORITE SONG IS ________________________
AND MY TWO FAVORITE SINGERS ARE:
1) ________________________
2) ________________________
I LIKE ________________________ MUSIC BEST.
(what type?)
□ I PLAY THE ________________________
  (INSTRUMENT.)
□ I DON’T PLAY A MUSICAL INSTRUMENT.

June 1985
ANIMALS
MY FAVORITE ANIMAL IS _______________.
MY SECOND FAVORITE ANIMAL IS ______.
☐ I OWN ONE      ☐ I OWN BOTH
☐ I OWN NEITHER
IF I COULD BE AN ANIMAL I’D BE A

SPORTS
MY FAVORITE SPORT TO WATCH IS
_____________________________________.
MY FAVORITE SPORT TO PLAY IS
_____________________________________.

I’M ☐ GOOD      ☐ FAIR
☐ NOT SO GOOD
MY FAVORITE ATHLETES ARE ____________
AND __________________________________.
FOODS
I EAT LIKE A □ HORSE □ BIRD
MY FAVORITE FOOD IS ________________.

I CAN’T STAND ___________________.
MY MOTHER THINKS I SHOULD LIKE
______________________________ (BUT I DON’T).

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PEOPLE

MY FAVORITE TEACHER IS ____________________
__________________________________________________________________________
I LIKE HER/HIM BECAUSE ____________________
__________________________________________________________________________
MY FAVORITE RELATIVE IS ____________________
__________________________________________________________________________
I LIKE HIM/HER BECAUSE ____________________
__________________________________________________________________________
MY FAVORITE PERSON IN THE WHOLE WORLD IS ________________________________
__________________________________________________________________________
WHY? ________________________________________________________________________
__________________________________________________________________________
MY FEELINGS

SOMETIMES I FEEL SCARED

☐ YES  ☐ NO

WHEN I’M SCARED I

__________________________________________________________________________

__________________________________________________________________________

SOMETIMES I CRY

☐ YES  ☐ NO

I FEEL THE SADDEST WHEN

__________________________________________________________________________

__________________________________________________________________________

I’M HAPPY

☐ ALL OF THE TIME

☐ MOST OF THE TIME

☐ NEVER

I AM HAPPIEST WHEN

__________________________________________________________________________

SOMETIMES I GET ANGRY AT PEOPLE.

☐ YES  ☐ NO

I GET THE ANGRIEST WHEN ____________

__________________________________________________________________________

WHEN A FRIEND IS ANGRY AT ME, I

__________________________________________________________________________

WHEN I AM ANGRY AT A FRIEND, I

__________________________________________________________________________

WHEN I AM BEING TEASED I FEEL

__________________________________________________________________________
THE FIVE THINGS I LIKE MOST ABOUT ME ARE:
1) _____________________________________
2) _____________________________________
3) _____________________________________
4) _____________________________________
5) _____________________________________

I GET DOWN ON MYSELF AND FEEL LOW
☐ NEVER
☐ SOMETIMES
☐ A LOT
☐ ALL THE TIME

HERE ARE SOME THINGS ABOUT ME I WOULD LIKE TO CHANGE: __________________________________________
______________________________________________________________________________________________
______________________________________________________________________________________________
______________________________________________________________________________________________

WHEN I AM FEELING BLUE OR SAD AND LONELY I USUALLY
☐ GO TO MY ROOM AND CRY
☐ CALL A FRIEND
☐ WATCH T.V.
☐ WORK ON MY HOBBY
☐ READ A BOOK
☐ ASK MOM OR DAD IF I CAN HELP THEM
☐ OTHER ________________________________
SOMETIMES THERE IS SOMETHING ABOUT OURSELVES THAT WE DON’T LIKE, BUT WE CAN’T CHANGE IT. MAYBE IT’S OUR HEIGHT, OR THE COLOR OF OUR EYES. WE MUST LEARN TO LIVE WITH THOSE THINGS WE CAN’T CHANGE. DO YOU HAVE SOMETHING ABOUT YOURSELF THAT YOU JUST HAVE TO ACCEPT?
☐ YES      ☐ NO
IF SO, WILL YOU ACCEPT IT AND NOT BE TOO HARD ON YOURSELF?
☐ YES      ☐ NO
(I HOPE YOU ANSWERED YES ‘CAUSE I LIKE YOU JUST THE WAY YOU ARE!)
THINGS TO DO

DO ONE OR MORE OF THE FOLLOWING

1) LOOK OVER THE “THINGS I LIKE TO DO” PAGE. MAKE THE THING THAT YOU SAID YOU WOULD LIKE TO MAKE. SHARE IT WITH SOMEONE ELSE OR MAKE ANOTHER FOR THEM.

2) HOW’S YOUR HEALTH? ASK YOUR PARENTS IF IT’S TIME FOR YOU TO GO TO THE DOCTOR OR DENTIST. IF SO, ASK THEM TO HELP YOU MAKE AN APPOINTMENT.

3) IF YOU TAKE MUSIC LESSONS, SET UP A TIME TO PRACTICE EACH DAY AND KEEP A RECORD OF HOW LONG YOU PRACTICE.

4) NAME ONE FOOD YOU DON’T LIKE THAT YOU OUGHT TO. TRY TO LEARN TO LIKE THIS FOOD BY EATING SMALL AMOUNTS OF IT WHEN IT’S SERVED.

5) IF YOU OWN A PET, TREAT IT LIKE A FRIEND. FEED IT ON TIME AND KEEP IT CLEAN. DO SOMETHING “EXTRA NICE” FOR IT.

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PART TWO - MY FAMILY: THE PEOPLE I LIVE WITH

THERE ARE ____________________ PEOPLE IN MY FAMILY.
LET’S MEET THEM!

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<thead>
<tr>
<th>NAME</th>
<th>RELATIONSHIP</th>
<th>BIRTHDAY</th>
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(I GOT THEIR AUTOGRAPHS!)
THIS IS WHAT WE LOOK LIKE

PASTE PHOTOS IN THESE CIRCLES

WRITE NAMES ON THE LINES

THAT'S ME

OUR FAMILY PHOTO TREE

☐ I TOOK THESE PHOTOS
☐ SOMEBODY HELPED ME
☐ SOMEBODY ELSE TOOK THEM

June 1985
MY PARENTS
MY PARENTS WORK HARD
FOR OUR FAMILY. I
ASKED MY MOM AND DAD
WHAT THEY DO AT WORK.
THEY SAID__________________

DAD LIKES HIS WORK
☐ VERY MUCH
☐ SOME
☐ VERY LITTLE

MOM LIKES HER WORK
☐ VERY MUCH
☐ SOME
☐ VERY LITTLE
I THINK THE BEST THING ABOUT BEING A PARENT IS ________________________________
________________________________________________________________________________

I THINK I WILL BE A PARENT SOMEDAY
☐ YES
☐ NO
☐ HAVEN’T MADE UP MY MIND YET

FAMILY - WORD GAME
YOU GET LOTS OF IMPORTANT THINGS FROM YOUR FAMILY. IN THE MAZE BELOW, SEE HOW MANY THINGS YOU CAN FIND THAT YOU GET FROM YOUR FAMILY (ALL WORDS GO ACROSS OR DOWN. ANSWERS ARE ON THE NEXT PAGE).

L O V E B G C K I N D N E S S
N D H E L P S M O N E Y X H T
R U L E S R T V A L U E S A A
B D F C L O T H E S B F G R N
T O Y S B T F O O D H B C I D
G I F T S E B M P R T F U N A
C D L M N C V E C A R E B G R
B T R U S T T R A I N I N G D
D G F T C I S U P P O R T B S
C H J L C O M F O R T X B C X
D B D N S N S E C U R I T Y N

IN MY OWN WORDS, A FAMILY IS
THERE ARE MANY JOBS OR RESPONSIBILITIES IN MAKING A GOOD HOME FOR OUR FAMILY. SOME OF THESE JOBS ARE WASHING THE DISHES, CUTTING THE GRASS, AND CLEANING MY ROOM. I ASKED MY FAMILY TO HELP ME AND WE MADE THIS LIST OF 10 IMPORTANT JOBS AT OUR HOME. (WE ALSO DECIDED WHO IS RESPONSIBLE FOR EACH ONE).

ANSWERS TO THE FAMILY WORD GAME

LOVE    TOYS    SUPPORT
KINDNESS FOOD    COMFORT
HELP    GIFTS    SECURITY
MONEY    FUN    PROTECTION
RULES    CARE    HOME
VALUES    TRUST    SHARING
CLOTHES TRAINING STANDARDS

CAN YOU THINK OF OTHER IMPORTANT THINGS YOU GET FROM YOUR FAMILY? WRITE THEM HERE.
1) _____________________________________
2) _____________________________________
3) _____________________________________
4) _____________________________________
5) _____________________________________
<table>
<thead>
<tr>
<th>THE JOB</th>
<th>WHO IS RESPONSIBLE?</th>
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<td>9)</td>
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________________ OF THEM ARE MY (NUMBER) RESPONSIBILITIES!

IS THIS SHARING OF RESPONSIBILITIES FAIR?  □ YES  □ NO

WHY OR WHY NOT? ______________________________

________________

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MOST FAMILIES NOT ONLY WORK TOGETHER BUT THEY DO SOME “JUST FOR FUN” THINGS, TOO.

SOME FAMILY FUN THINGS ARE DONE INDOORS, SOME ARE DONE OUTDOORS. SOME WE PLAY OURSELVES AND OTHERS WE JUST WATCH.

HERE ARE SOME THINGS I HAVE DONE OR WATCHED WITH MEMBERS OF MY FAMILY.

<table>
<thead>
<tr>
<th>OUTDOOR THINGS</th>
<th>WHAT I WATCHED</th>
<th>WHAT I DID</th>
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<tbody>
<tr>
<td>INDOOR THINGS</td>
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</table>
GETTING ALONG AT HOME

I GET ALONG WITH MY FAMILY

☐ VERY WELL
☐ PRETTY WELL
☐ NOT TOO WELL
☐ NOT AT ALL

WE NEED TO UNDERSTAND HOW THEY FEEL BEFORE WE SAY OR DO SOMETHING THAT WILL UPSET THEM. IF WE THINK ABOUT THIS BEFORE WE SPEAK OR ACT, WE’LL GET ALONG WITH THEM MUCH BETTER.

SOMETIMES WE FORGET THAT THE OTHER MEMBERS OF OUR FAMILY ARE REAL PEOPLE, TOO. THEY HAVE FEELINGS WHICH GET HURT JUST LIKE OURS.
HERE IS A CHECKLIST FOR GOOD CITIZENSHIP AT HOME. CHECK THE CORRECT ANSWER FOR EACH ITEM AND SEE HOW WELL YOU ARE DOING.

<table>
<thead>
<tr>
<th></th>
<th>YES</th>
<th>NO</th>
<th>SOMETIMES</th>
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</thead>
<tbody>
<tr>
<td>1) I PICK UP AFTER MYSELF</td>
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<td>2) I SEE THINGS THAT NEED TO BE DONE AND I DO THEM.</td>
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<td>3) I OFFER TO HELP OTHERS WITH THEIR CHORES.</td>
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<td>4) I KEEP MY ROOM NEAT.</td>
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<td>5) I ENJOY DOING NICE THINGS FOR FAMILY MEMBERS.</td>
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<tr>
<td>6) I WAIT UNTIL OTHERS ARE THROUGH TALKING BEFORE HAVING MY SAY.</td>
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<tr>
<td>7) I TRY TO HELP OTHERS FEEL BETTER WHEN THEY ARE FEELING LOW.</td>
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<tr>
<td>8) I REALLY TRY TO SEE THEIR SIDE OF AN ARGUMENT.</td>
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<tr>
<td>9) I HELP OTHERS UNDERSTAND ME BY EXPLAINING HOW I THINK AND FEEL.</td>
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<tr>
<td>10) I RESPECT OTHERS’ IDEAS EVEN WHEN THEY ARE DIFFERENT FROM MINE.</td>
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<tr>
<td></td>
<td>YES</td>
<td>NO</td>
<td>SOMETIMES</td>
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<td>-----------------------------------------------------------------</td>
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<tr>
<td>I TRUST THE OTHER MEMBERS OF MY FAMILY.</td>
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<tr>
<td>I AM INTERESTED IN WHAT OTHERS ARE DOING.</td>
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<tr>
<td>I LIKE TO DO THINGS TOGETHER WITH MEMBERS OF MY FAMILY.</td>
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<tr>
<td>I FIND IT EASY TO SAY WHAT I REALLY FEEL AT HOME.</td>
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<tr>
<td>I FEEL FREE TO DISAGREE WITH FAMILY MEMBERS AND TO EXPRESS MY OPINION.</td>
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<tr>
<td>I TRY TO “COOL OFF” AND MAKE UP AFTER FAMILY QUARRELS.</td>
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<td>I STOP TEASING FAMILY MEMBERS BEFORE THEY GET ANGRY.</td>
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<tr>
<td>I REALLY TRY TO MAKE OUR HOME A HAPPY PLACE.</td>
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</table>

HOW DID YOU DO? IF YOU CHECKED “NO” OR “SOMETIMES” QUITE OFTEN, YOU MAY WANT TO IMPROVE IN THOSE AREAS WHERE YOU KNOW YOU CAN BE THE BEST EXAMPLE OF A GOOD CITIZEN IN YOUR OWN HOME. YOU CAN HELP BRING YOUR FAMILY EVEN CLOSER TOGETHER.
THINGS TO DO
DO ONE OR MORE OF THE FOLLOWING

1) ASK YOUR FAMILY TO ALL JOIN IN A “CAMP IN” AT HOME! SPEND A WHOLE DAY AND/OR NIGHT TOGETHER WITHOUT RADIO, RECORD PLAYER, OR OTHER THINGS TO DISTRACT YOU. JUST PLAY GAMES, SIT AROUND AND TALK, DO THINGS YOU WOULD DO AT CAMP, AND ENJOY EACH OTHER.
2) MAKE YOUR OWN BIRTHDAY CARD FOR THE MEMBERS OF YOUR FAMILY ON THEIR BIRTHDAYS.
3) COMPLETE YOUR FAMILY TREE AND FRAME IT. HANG IT UP IN YOUR HOUSE SO EVERYONE CAN ENJOY IT.

4) ASK YOUR PARENTS TO TAKE YOU TO VISIT THE PLACE WHERE THEY WORK.
5) TAKE ON A NEW JOB AROUND YOUR HOME THAT YOU ARE WILLING TO BE RESPONSIBLE FOR. ASK YOUR PARENTS FOR THEIR HELP IN DECIDING WHAT YOU’LL DO.
6) ASK YOUR PARENTS TO HELP YOU PLAN A “JUST FOR FUN” THING FOR YOUR FAMILY. TAKE A LEADING PART IN CARRYING OUT YOUR PLAN.

AT HOME, WE DEVELOP HABITS WHICH WILL HELP US FORM WARM RELATIONSHIPS WITH OTHERS. THIS WILL LEAD TO REAL FRIENDSHIPS, AND WE ALL NEED REAL FRIENDS, DON’T WE? SO NOW, LET’S LEARN ABOUT FRIENDS.
PART THREE - MY FRIENDS, THE OTHER PEOPLE I LIKE

FRIENDS ARE PEOPLE WHOM YOU LIKE AND TRUST.

THERE ARE ABOUT ___________________(HOW MANY) PEOPLE WHOM I CALL FRIENDS.

______________________ ARE GIRLS AND ________________ ARE BOYS.
NOT ALL MY FRIENDS ARE
THE SAME. THEY ARE
YOUNG AND OLD; THEY
ARE MALE AND FEMALE.
HERE IS A LIST OF MY
DIFFERENT FRIENDS.

<table>
<thead>
<tr>
<th>NAMES</th>
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<tbody>
<tr>
<td>A YOUNGER FRIEND - BOY</td>
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<td>A YOUNGER FRIEND - GIRL</td>
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<td>A FRIEND MY AGE - BOY</td>
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<tr>
<td>A FRIEND MY AGE - GIRL</td>
</tr>
<tr>
<td>A TEEN-AGE FRIEND - BOY</td>
</tr>
<tr>
<td>A TEEN-AGE FRIEND - GIRL</td>
</tr>
<tr>
<td>AN ADULT FRIEND - MAN</td>
</tr>
<tr>
<td>AN ADULT FRIEND - WOMAN</td>
</tr>
<tr>
<td>AN ELDERLY FRIEND - MAN</td>
</tr>
<tr>
<td>AN ELDERLY FRIEND - WOMAN</td>
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Archival copy: for current recommendations see http://edis.ifas.ufl.edu or your local extension office.
NOT ALL MY FRIENDS ARE PEOPLE. SOME FRIENDS OF MINE THAT ARE NOT PEOPLE ARE
1) ____________________________
2) ____________________________
3) ____________________________
4) ____________________________

I LIKE MY FRIENDS FOR THESE REASONS:
1) ____________________________
2) ____________________________
3) ____________________________

HERE ARE SOME THINGS I LIKE TO DO WITH MY FRIENDS:
1) ____________________________
2) ____________________________
3) ____________________________
4) ____________________________
5) ____________________________
6) ____________________________

MANY SONGS HAVE BEEN SUNG ABOUT FRIENDS. PEOPLE LIKE TO SING ABOUT FRIENDSHIP. CAN YOU THINK OF TWO SONGS ABOUT FRIENDS?
1) ____________________________
2) ____________________________

THE MOST IMPORTANT THINGS I GIVE MY FRIENDS ARE
1) ____________________________
2) ____________________________
WE ALL NEED FRIENDS AND PEOPLE WHO CARE FOR US. IN THIS BOOKLET, I HAVE LEARNED ABOUT MYSELF, MY FAMILY AND MY FRIENDS. NOW I’LL BE ABLE TO MEET NEW FRIENDS MORE EASILY.

IN THE NEXT UNIT, I WILL LEARN ABOUT GETTING ALONG WITH OTHERS IN MY NEIGHBORHOOD AND SCHOOL. BEING A GOOD CITIZEN MEANS GETTING ALONG WITH AND ACCEPTING OTHER PEOPLE AT HOME, IN MY NEIGHBORHOOD AND AT SCHOOL.
SO LET’S GET OUT, HAVE FUN, MEET PEOPLE, BE GOOD TO THEM AND MAKE FRIENDS, BECAUSE...

“No one is a stranger, but just a friend you haven’t met”

Dorothy Emerson

THINGS TO DO
DO ONE OR MORE OF THE FOLLOWING
1) MAKE A NEW FRIEND
2) DO SOMETHING NICE FOR AN ELDERLY FRIEND.
3) PLAN TO DO SOMETHING WITH ONE OR MORE OF YOUR FRIENDS.
4) MAKE UP YOUR OWN SONG ABOUT A FRIEND OR FRIENDS.
5) DRAW A PICTURE OF SOMETHING YOU LIKE TO DO BEST WITH YOUR FRIENDS.
UNIT 1
Citizen Project Summary

ME, MY FAMILY AND MY FRIENDS

Name_______________________________________________________________________________
Address_____________________________________________________________________________
Age__________________ Grade in School_____________________ Years in 4-H_________________
Years in Citizenship Project__________________________________________________________
Name of 4-H Group or Club_____________________________________________________________

My Project Goals: (Tell the things you want to do or learn in the project this year.)
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________

PART 1 - Getting to Know Myself

What I Did _________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
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What I Learned
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PART 2 - My Family -- The People I Live With
What I Did
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What I Learned
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PART 3 - My Friends -- The Other People I Like

What I Did

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What I Learned

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(Your leader may ask you to cut out this summary and submit it for project completion.)
Exploring Citizenship: Unit I -- Me, My Family and My Friends

Citizenship in other 4-H Projects

Citizenship responsibilities in earning and spending, and in many other areas of life, are practiced through 4-H projects. These are a central part of your 4-H experience. Learning to sew or build a birdhouse is not citizenship education in itself, but there are citizenship responsibilities that go along with learning such skills. These skills can be used to help you and others. You can help yourself by:

- Broadening your interests and knowledge.
- Developing self-confidence and self-discipline.
- Developing an awareness of job opportunities.
- Learning how to make intelligent decisions.
- Getting pleasure from interesting activities.

At the same time, you can help others by:

- Standing on your own feet and being less dependent.
- Serving family and friends through project skills.
- Helping younger members learn.

Additional Citizenship Units

Good citizenship involves more than understanding and participating in government. Good citizenship is important in relationships with your family, friends, and neighbors. Good citizenship is important to your 4-H Club and other organizations you belong to. It means understanding and appreciating yourself and your heritage, and having the same respect for other people and their heritages.

The citizenship project is made up of a series of seven units. You have probably used some of these units in previous years and you may take the other units in the future.

The citizenship project consists of the following units:

- Unit 1 Me, My Family and My Friends
- Unit 2 My Neighborhood
- Unit 3 My Clubs and Groups
- Unit 4 My Community
- Unit 5 My Heritage
- Unit 6 My Government
- Unit 7 My World

4-H PLEDGE

The 4-H Pledge is an outline for the 4-H Citizenship Project. Citizenship education through 4-H should provide three-fold learning - knowing, feeling, acting.

I Pledge

My Head to clearer thinking

Understanding - using our heads for clearer thinking, getting information and understanding issues.
My Heart to greater loyalty

Attitudes - using our hearts to appreciate our rights and feel our responsibilities.
My Hands to larger service, and
My Health to better living for my Club, my Community, my Country, and my World.

Skills - using our hands and healthy bodies and minds to put into practice what we understand and feel we should do.

June 1985
4-H CITIZENSHIP PLEDGE

We individually and collectively pledge our efforts from day to day to fight for the ideals of this nation.

We will never allow tyranny and injustice to become enthroned in this, our country, through indifference to our duties as citizens.

We will strive for intellectual honesty and exercise it through our power of franchise.

We will obey the laws of our land and endeavor increasingly to quicken the sense of public duty among our fellowmen.

We will strive for individual improvement and for social betterment.

We will devote our talents to the enrichment of our homes and our communities in relation to their material, social and spiritual needs.

We will endeavor to transmit to posterity this nation, not merely as we found it, but freer, and more beautiful than it was transmitted to us.